



## Bone Injuries in Our Children and the Consumption of Soda

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Bones support our body and they also surround and protect its internal structures. Bones provide an attachment for the muscles and are the framework of our children's growing body. Bones are living tissue that change constantly, with bits of old bone being removed and replaced by new ones.

Fractures in the bone usually occur as a result of injury.

But why is it that some bones have a tendency to fracture more easily than others? Calcium is found in bones and teeth. Calcium provides strength and rigidity to bones. The absorption of calcium from the intestine is dependent on the presence in the body of sufficient quantities of vitamin D. Calcium is an essential nutrient for bone health. A well-balanced diet including adequate amounts of vitamins and minerals such as magnesium, zinc, and vitamin D is also important for bone health.

What if we rob our body of the calcium it so needs? We eat all the right foods and we make sure that our diets consists of food that are rich and high in calcium, we make sure we have sufficient quantities of vitamin D and yet we see that the numbers of bone sports injuries in our children are going up. We see so many women at high risk of developing osteoporosis. How can that be possible?

Americans drink more soft drinks than ever before. Sodas account for more than 25% of all drinks consumed in the U. S. and according to the U.S department of Agriculture, kids are heavy consumers of soda pop. Soft drinks tend to displace calcium-rich beverages in the diets of many children and adolescents. In fact, research has shown that girls who drink soft drinks consume much less calcium than those who do not. Soft drinks are far from soft. They are high in phosphorous and phosphoric acid, which infiltrate bodily fluids and corrode stomach linings, upset the alkaline-acid balance of the kidneys, and eat away at your liver. Soft drinks contain large quantities of phosphorus, which when excreted pulls calcium out of the bones

It is also known that children who drink large quantities of diet sodas containing aspartame are particularly vulnerable to its dangerous side effects. For example aspartame which is in diet sodas contains methyl or wood alcohol, which can affect fetal brain development. Soft drink contains high amounts of phosphorus. The ideal dietary phosphorus-calcium ratio is about 1:1. But when adding large amount to our children's diet as well as our diets the ratio in the average American diet is often greater than 2:1 and sometimes even 4:1 or 5:1. At those levels, excess calcium is removed from bone and eliminated, blood levels are reduced, and there is bone demineralization. Researchers have yet to identify exactly why phosphoric acid has a negative effect on bone.



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Some believe that excess phosphoric acid attaches itself to calcium and prevents it from being absorbed, or that it may adversely affect parathyroid hormone levels in the body (which regulate bone density). In the *Encyclopedia of Natural Medicine* Michael Murray ND and Joseph Pizzorno ND *wrote that* "Soft drinks have long been suspected of leading to lower calcium levels and higher phosphate levels in the blood. When phosphate levels are high and calcium levels are low, calcium is pulled out of the bones. The phosphate content of soft drinks like Coca-Cola and Pepsi is very high, and they contain virtually no calcium."

According to the National Osteoporosis Foundation, approximately 55 percent of Americans, mostly women, are at risk of developing osteoporosis, a disease of porous and brittle bones that causes higher susceptibility to bone fractures. Women of all ages who regularly drink soda pop run a much higher risk of developing the brittle bones disease osteoporosis than women who don't drink cola, according to a new study by Tufts University researchers. Mothers note that soft drink consumption in children poses a significant risk factor for impaired calcification of growing bones. Here are some ideas for good sources of Calcium, not only pizza, cheeseburgers, and chocolate milk but milk, soy drinks, cheddar cheese, yogurt, butter milk, sardines, tofu, salmon, kale, Chinese cabbage, and broccoli.